Mindset matters. The way we think about our abilities and our potential has a profound impact on our behavior, our relationship with success and failure, and our emotions.

**A growth mindset** conceives challenge and failure as opportunity for growth.

A growth mindset frees you from worrying about proving how “smart” you are and allows you to explore new paths and ideas without fear of failure.

In a growth mindset, positive, healthy relationships are about learning and growing together. Being open and honest about each other’s strengths and challenges and working together to make the relationship stronger.

**A fixed mindset** assumes that our character, intelligence, and creativity are static and cannot be changed. Success becomes “proof” of these fixed qualities.

A fixed mindset views learning as an opportunity to demonstrate intelligence. A challenging project or a bad grade becomes a reflection of deficiency and challenges your sense of self. A fixed mindset leads to avoidance of academic risk-taking.

In a fixed mindset, conflict = a sign of character flaws, incompatibility, DOOM! In a fixed mindset, relationships should be easy and if they take effort, they’re not worth it.

**How do I develop a growth mindset?**

**Take a few risks** (and don’t hide them). Instead of trying to save face, let yourself mess up now and then. It gets easier.

**Let go of the image.** Upholding an image of effortless perfection is exhausting. Embrace yourself as a growing, learning being. Share that new perception with others.

**Embrace the power of “yet.”** Let “not yet” become your guide. Whenever you’re struggling with a task, pause and remind yourself that you haven’t mastered it yet.

**Make a new goal for every goal accomplished.** Aced the midterm? Finished a 5K? Set a new goal to keep yourself stimulated.